



Watermelon, Arugula, and Pine Nut Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby arugula
- 4 servings pepper black to taste
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 oz pinenuts
- 1 tablespoon red-wine vinegar
- 1.5 oz pecorino crumbled
- 0.5 teaspoon salt to taste

3 cups watermelon cubed seeded drained () (from a 2 1/2-lb piece, rind discarded)

Equipment

bowl

whisk

Directions

Whisk together lemon juice, vinegar, and salt in a large bowl, then add oil in a slow stream, whisking until emulsified.

Add watermelon, arugula, and pine nuts and toss to coat, then sprinkle with cheese, pepper, and fleur de sel (if using).

Nutrition Facts



PROTEIN 8.56% **FAT 66.2%** **CARBS 25.24%**

Properties

Glycemic Index:41.42, Glycemic Load:6.46, Inflammation Score:-8, Nutrition Score:11.817391271824%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 15.35mg, Kaempferol: 15.35mg, Kaempferol: 15.35mg, Kaempferol: 15.35mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 174.7kcal (8.73%), Fat: 13.69g (21.06%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 10.31g (3.75%), Sugar: 8.32g (9.24%), Cholesterol: 5.42mg (1.81%), Sodium: 312.88mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Vitamin K: 54.78µg (52.17%), Manganese: 0.82mg (41%), Vitamin A: 1707.9IU (34.16%), Vitamin C: 17.14mg (20.77%), Vitamin E: 1.93mg (12.85%), Magnesium: 50.9mg (12.72%), Folate: 49.12µg (12.28%), Calcium: 100.3mg (10.03%), Potassium: 344.85mg (9.85%), Phosphorus: 92.96mg (9.3%), Copper: 0.18mg (8.93%), Iron: 1.4mg (7.77%), Zinc: 0.9mg (6%), Vitamin B2: 0.1mg (5.77%), Fiber: 1.44g (5.74%), Vitamin B1: 0.08mg (5.63%), Vitamin B5: 0.49mg (4.89%), Vitamin B6: 0.1mg (4.78%), Vitamin B3: 0.66mg (3.3%), Selenium: 2.18µg (3.12%)